



# SBRC Lap Pool

## October

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>Lap Swim</b>	<b>2 lanes open</b> 6:00-7:00 BAM		<b>2 lanes open</b> 6:00-7:00 BAM			
6:30am	<b>4 lanes open</b> 6:30-7:30 FHS Swim Team						
7:00am							
7:30am							
8:00am						<b>Lap Swim 8:00-9:30</b>	<b>Lap Swim 8:00-10:00</b>
8:30am							
9:00am		<b>Lap Swim</b> 7:00-12:30		<b>Lap Swim</b> 7:00-12:30		<b>2 lanes open</b>	
9:30am							
10:00am			<b>Lap Swim 6:00-3:45</b>		<b>Lap Swim 6:00-3:45</b>	<b>2 lanes open</b> 10:00-1:00 Scuba or Synchro Alternating Weekly	<b>2 lanes open</b> 10:00-1:00 Scuba 10/9 & 10/23
10:30am							
11:00am	<b>Lap Swim 7:30-3:45</b>						
11:30am							
12:00pm		<b>3 lanes open</b> 12:30-1:30 H <sub>2</sub> O Fitness		<b>3 lanes open</b> 12:30-1:30 H <sub>2</sub> O Fitness			
12:30pm							
1:00pm							<b>Lap Swim</b>
1:30pm		<b>Lap Swim</b> 1:30-3:45		<b>Lap Swim</b> 1:30-3:45			<b>2 lanes open</b> 2:00-4:00 <b>Open Swim w/ Diving Board!</b>
2:00pm						<b>Lap Swim</b>	
2:30pm							
3:00pm							
3:30pm							<b>Lap Swim</b>
4:00pm	<b>2 lanes open</b> 3:45-5:45 FHS Swim Team	<b>2 lanes open</b> 3:45-5:45 FHS Swim Team	<b>2 lanes open</b> 3:45-5:45 FHS Swim Team	<b>2 lanes open</b> 3:45-5:45 FHS Swim Team	<b>2 lanes open</b> 3:45-5:45 FHS Swim Team		
4:30pm							
5:00pm							
5:30pm							
6:00pm		<b>2 lanes open</b> 6:00-7:00 BAM		<b>2 lanes open</b> 6:00-7:00 BAM	<b>4 lanes open</b> 6:00-7:00 Rev Running		
6:30pm	<b>2 lanes open</b> 5:45-8:30 Synchro		<b>2 lanes open</b> 5:45-8:30 Synchro	<b>2 lanes open</b> 7:00-8:30 Water Polo	<b>Lap Swim</b>		
7:00pm		<b>2 lanes open</b> 7:00-8:30 Water Polo					
7:30pm							
8:00pm							
8:30pm	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>	<b>Lap Swim</b>			
8:30pm							

**FHS Swim Team 4:00-5:30 with 2 lanes open 10/3 through 11/11**